

- ✓ **Rucksack:** 35 to 40 litre day pack preferably without side pockets and light weight with a waterproof liner. You should be able to get everything you need inside the rucksack except your trekking poles which can be attached to the outside.
- ✓ **Waterproof jacket:** Gore-Tex or other breathable fabric such as Paramo with a hood big enough to fit over a helmet.
- ✓ **Waterproof trousers:** Make sure you can get the trousers on without taking off your boots.
- ✓ **Boots:** A good boot with a vibram or equivalent sole preferably a B1 or B2 boot *
- ✓ **Socks:** Sock combinations worn in boots are very personal. Either one thick pair or a liner pair and medium weight sock
- ✓ **Gaiters.** Ideally breathable. Short ankle gaiters are ideal for summer conditions.
- ✓ **Fleece or woolly hat:** Check that it does not drape down over your eyes when wearing a helmet.
- ✓ **Gloves:** One thick pair and a thin fleecy or woollen pair. Make sure the gloves are a good fit and that the fingers are not too long.
- ✓ **Sun Glasses and Sun Cream:** The sun often shines on the righteous!
- ✓ **Trousers:** Light weight quick drying trousers that allow good leg movement and are comfortable or fleecy trousers.
- ✓ **Base layer:** Top and bottoms.
- ✓ **Fleece:** Thin fleece to wear over base layer.
- ✓ **Warm jacket:** Primaloft or thick fleece.
- ✓ **Harness:** A lightweight alpine style harness is good but if you are bringing your rock climbing harness then make sure it fits over your extra layers of clothing.*
- ✓ **Climbing helmet:** Big enough to go over your hat *
- ✓ **Water container:** At least 1 litre.
- ✓ **Thermos flask:** A small 300ml flask is very useful if you like a hot drink (highly recommended).
- ✓ **Head torch:** Bring one set of spare batteries
- ✓ **Compass, whistle and map.** Please ask for details of which map you will need. The Silva type four compass is the best one to buy
- ✓ **Personal Medication and small first aid kit.**
- ✓ **Hill food:** Sandwiches, snacks and food for your pockets.
- ✓ **Trekking poles:** (Optional)
- ✓ **Camera:** (Optional)

*These items can be hired from Adele for a charge of £5 a day if you do not have your own.
Adele will provide all the technical and safety equipment required.
Please ask for advice before you buy!



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